33-07-03.2-16. Dietary services.

Dietary services must include:

... 2. Menus for all diets must be planned in accordance with the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Science. Sufficient food must be prepared as planned for each meal to meet the nutritional needs of residents.

a. Menus must be written at least one week in advance. The current week’s menus must be located in the dietary services area for easy use by dietary services staff.

b. When changes in the menu are necessary, substitutions must provide equal nutritive value. The change and the reason for the change must be noted in writing on the menu.

c. Menus of food served must be filed and maintained for thirty days.

d. Menus must be adjusted to address the requests of the residents when possible.

3. Therapeutic diets when prescribed by the licensed health care practitioner.

... b. A substantial evening meal is an offering of three or more menu items at one time, one of which includes a high quality protein item such as meat, fish, egg, or cheese.

... 5. A current diet manual, approved by the medical staff or medical director, must be readily available.